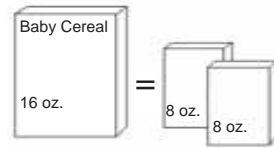


SENSIBLE SUBSTITUTIONS

INFANT CEREAL

1 - 16 oz. box for
2 - 8 oz. boxes



MILK

1 gallon for
2 half-gallons



1 half-gallon
for 2 quarts

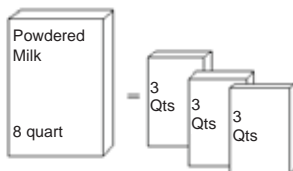


NO quarts for half-gallons or gallons
NO pints

Exception for Sweet Acidophilus, Lactose-reduced,
or Meyenberg Goat's milk if larger size unavailable.

POWDERED MILK

1 - 8 quart box
for
3 - 3 quart*



*Participant is "out"
other Quart



- Grains
- Vegetables
- Fruits
- Milk
- Meat & Beans

WIC FOOD PYRAMID
Montana WIC Program
1-800-433-4298

32,000 copies of this public document were published at an estimated cost of \$.15 per copy, for a total cost of \$4,800.00, which includes \$4,800.00 for printing and \$.00 for distribution.

WIC FORM #137

Montana WIC Program Established 1974



Serving Montana's
Nutritional Needs
for Over 30 Years

Approved Food List
effective March 1, 2008

Local Clinic Information

WIC Encourages Breastfeeding

REVISED JUNE 2008

INFANT FORMULA

Only brand, type and size specified
on check.

NO substitutions at store

INFANT CEREAL

Barley
Mixed
Oatmeal
Rice



NO formula, flavoring, or fruit added
NO cans, jars or packs

MILK - Pasteurized and Fortified

Least Expensive

2% / 1% / Skim*
Whole*
Sweet Acidophilus*

Evaporated*
Nonfat Dry*
Lactose Reduced*



These organic brands are allowed only
if least expensive of the variety of milk chosen

Horizon - all
Lifeline - all
Naturally Preferred - 2%, 1%, Fat Free
Organic Valley - all
Safeway Organic - all
Stremicks Heritage - all
Western Family - all except whole milk in 1/2 gallons

NO flavor added

Brand Specific

Goat's Milk*: Meyenberg (canned or quart only)

*Only if Specified on WIC Check

EGGS

Least Expensive

Large - One dozen
"AA" or "A"

Any Brand

NO enhanced eggs



LEGUMES - DRY PEAS/BEANS

Least Expensive

Any Brand: Dried beans,
split peas or lentils
16 ounce packages



NO soup mixes or flavorings added

NOTE: Canned beans may be purchased ONLY if
specified on WIC check.

PEANUT BUTTER - 16-18 oz. Jar



Least Expensive

Unflavored smooth, chunky,
honey roasted or natural.

NO jelly, honey, chocolate or marshmallow
creme added.
NO reduced-fat peanut butter spread

CARROTS - 16 oz. or less package

Least Expensive of Brand Chosen

Fresh (Regular or Baby)
Canned (Sliced, Diced, Regular
or Baby)
Frozen (Cut, Regular or Baby)



NO butter, sauces,
seasonings, vegetable mixes or bulk

TUNA - 6 oz. can

Least Expensive

Canned, water-packed only
Light - solid or chunk



NO "diet" pack, white, albacore,
"vacuum-sealed" packs,
or flavorings added



CHEESE - DOMESTIC

Least Expensive of Flavor Choice

Regular, low-fat or reduced fat
16 ounce or less package

Cheddar
Colby
Colby-Monterey Jack
Monterey Jack
Mozzarella (whole or part skim)
Swiss
String cheese (plain mozzarella and cheddar
only - 8, 10, 12 or 16-oz packages only)



NO raw milk, goat's milk, fat-free or non-fat
cheese products, cubed, shredded, sliced, flavor
added (ie: Pepper Jack), imported, service deli,
imitation cheese products, cheese food, cheese
spread or individually wrapped slices/strings

INSTANT OATMEAL



Regular, **NO flavored**
Individual Packets Only

Albertson's, Flavorite,
Great Value, IGA, Safeway or
Western Family

NO large/bulk
packages allowed

See above for approved brands
of individual packets



HOT WHEAT CEREAL



Store Brand Hot Wheat Cereal:
Safeway and
Western Family

Cream of Wheat

COLD CEREAL



SPECIFIED BRANDS ONLY
REGULAR FLAVOR
UNLESS SPECIFIED

NO fruit added
(ie: Raisin Bran)



Corn Flakes

Albertson's, Flavorite, General
Mills, Great Value, IGA, Kellogg's,
Kroger, Safeway, or
Western Family

Corn Squares

Albertson's, Flavorite,
General Mills, Great Value, IGA,
Kellogg's, Kroger, Safeway, or
Western Family



Crispy Rice

Albertson's, Flavorite,
General Mills, Great Value,
IGA, Kellogg's, Kroger,
Safeway, or Western Family



Frosted Mini Wheat Biscuits

Albertson's, Flavorite,
Great Value, IGA, Kellogg's
(regular), Kroger, Safeway, or
Western Family

NO "Post"
NO fruit filled or flavored
frosting
NO plain shredded wheat
biscuits

COLD CEREAL CONTINUED

Fiber Flake Cereals

Enriched Bran Flakes:
Albertson, Flavorite, Great
Value, IGA, Post, Western
Family
Total Original
Wheaties Original

NO Low-carb



Oats & More

(with Almonds or Honey)
Albertson's, Flavorite,
Great Value/Nature's Grains, IGA,
Kroger, Post, Safeway,
or Western Family

Rice Squares

Albertson's, Flavorite,
General Mills, Great Value,
IGA, Kroger, Safeway, or
Western Family



Toasted Oat Rings

(plain or Multi-Grain)
Albertson's, Flavorite,
General Mills, Great Value, IGA,
Kroger, Safeway, or Western
Family

NO sugar-frosted,
honey-nut or fruit added

Wheat Squares

Albertson's, Flavorite, General
Mills, Great Value, IGA, Kroger,
Safeway, or Western Family



JUICE



100% JUICE ONLY
VITAMIN C FORTIFIED
NO SUGAR ADDED
SPECIFIED BRANDS ONLY

NO ades, juice drinks or
beverages.
NO fruit punch or juice cocktails.
NO sparkling, ciders, light or
low-carb
NO apple, grape, orange or
pineapple blends
NO bottled or shelf-stable juice

Frozen Concentrate 11.5 to 12 oz. Least Expensive of Flavor Choice



Specific Flavors -
Authorized Brands

Apple: Albertson's, Flavorite,
Great Value, IGA, Safeway,
Seneca, Tree Top, Western Family,
Old Orchard

Grape: Albertson's, Great Value,
Seneca, Old Orchard, Welch's

Grapefruit: Any Brand

Orange: Any Brand

White Grape - Albertson's, Old
Orchard, Welch's

Pineapple - Any brand with 120%
of Daily Vitamin C

Canned 46 oz. Least Expensive of Flavor Choice



Apple: Albertson's, Great Value,
Seneca, Texusun, Tree Top,
Western Family

Grape: Great Value, Welch's

Grapefruit: Any Brand

Orange: Any Brand

Pineapple: Any Brand w/120% of
daily Vitamin C

Tomato: Any Brand w/120% of
daily Vitamin C

Vegetable: Flavorite, Great Value,
IGA, V-8 (Original or Healthy
Request), Western Family

White Grape: Welch's